

Træningsplan Vinter 19/20

| Mandag             |              |              |              |              |             |             |             |             |      |           |     |  |
|--------------------|--------------|--------------|--------------|--------------|-------------|-------------|-------------|-------------|------|-----------|-----|--|
| Tid                | Ny kunst A   | Ny kunst B   | Ny kunst C   | Ny kunst D   | Gl. kunst A | Gl. kunst B | Gl. kunst C | Gl. kunst D |      |           |     |  |
| 16.00-17.45        | U19 Ligaen   | U19 Ligaen   | U19 Ligaen   | U19 Ligaen   | U14-1       | U13-1       | U15-1       | U15-1       |      |           |     |  |
| 17.45-19.15        | U15P-1       | U15P-2       | U18P-1       | U18P-2       | U13P-1      | U13P-2      | U10P-U11P   | U13-3       |      |           |     |  |
| 19.15-20.45        | Kv. senior 1 | Kv. senior 1 | Kv. senior 1 | Kv. senior 1 | Herresenior | Herresenior | U19-2       | U19-2       |      |           |     |  |
|                    |              |              |              |              |             |             |             |             |      |           |     |  |
|                    |              |              |              |              |             |             |             |             |      |           |     |  |
|                    |              |              |              |              |             |             |             |             |      |           |     |  |
| Tid/Omklædningsrum | 1            | 2            | 3            | 4            | 5           | 6           | 7A          | 7B          | 9    | 10        | 12  |  |
| 15.30 - 18.30      | U14-1        | U15-1        | U13-1        |              |             |             | U19-1       | U19-1       | KV 1 | U13P-U15P | FYS |  |
| 18.30 - 22.00      |              |              |              | U18P         | U13-3       | U10P-U11P   | Herresenior | U19-2       | KV 1 | U13P-U15P | FYS |  |
|                    |              |              |              |              |             |             |             |             |      |           |     |  |

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| Tirsdag        |              |              |            |            |             |             |             |             |      |      |     |  |
|----------------|--------------|--------------|------------|------------|-------------|-------------|-------------|-------------|------|------|-----|--|
| Tid            | Ny kunst A   | Ny kunst B   | Ny kunst C | Ny kunst D | Gl. kunst A | Gl. kunst B | Gl. kunst C | Gl. kunst D |      |      |     |  |
| 16.00-17.45    | U15 Ligaen   | U15 Ligaen   | U14-1      | U14-1      | U13-1       | U13-1       | U13-1       | U13-1       |      |      |     |  |
| 17.45-19.15    | U15P-1       | U15P-2       | U18P       | U18P       | U17-2       | U17-2       | U16-2       | U13-2       |      |      |     |  |
| 19.15-20.45    | Kv. senior 1 | Kv. senior 1 | Old boys   | Old boys   | Herresenior | Herresenior | U19-2       | U19-2       |      |      |     |  |
|                |              |              |            |            |             |             |             |             |      |      |     |  |
|                |              |              |            |            |             |             |             |             |      |      |     |  |
| Tid/Omklædning | 1            | 2            | 3          | 4          | 5           | 6           | 7A          | 7B          | 9    | 10   | 12  |  |
| 15.30 - 18.30  | U14-1        | U15-1        | U13-1      | U18P       |             | U16-2       | U17-2       |             | KV 1 | U15P | FYS |  |
| 18.30 - 22.00  | Old boys     | U19-2        | U13-2      |            | U13-2       |             | Herresenior | Herresenior | KV 1 | U15P | FYS |  |
|                |              |              |            |            |             |             |             |             |      |      |     |  |

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| Onsdag         |                 |                 |            |            |             |             |             |             |            |        |
|----------------|-----------------|-----------------|------------|------------|-------------|-------------|-------------|-------------|------------|--------|
| Tid            | Ny kunst A      | Ny kunst B      | Ny kunst C | Ny kunst D | Gl. kunst A | Gl. kunst B | Gl. kunst C | Gl. kunst D |            |        |
| 16.00-17.00    | Talentakademiet | Talentakademiet | U13-3      | U13-3      | U5-9P       | U10-11P     | U12-U13P    | U12-U13P    |            |        |
| 17.00-18.00    | Talentakademiet | Talentakademiet | U13-3      | U13-3      | U5-9P       | U10-11P     | U12-U13P    | U12-U13P    |            |        |
| 18.00-19.30    | Kamptid 2       | Kamptid 2       | Kamptid 2  | Kamptid 2  | Kamp 1      | Kamp 1      | Kamp 1      | Kamp 1      |            |        |
|                |                 |                 |            |            |             |             |             |             |            |        |
| Tid/Omklædning | 1               | 2               | 3          | 4          | 5           | 6           | 7           | 9           | 10         | 12     |
| 15.30 - 18.30  | Talentakademiet |                 |            | U12-U13P   | U13-3       | U10-11P     |             |             |            | U5-U9P |
| 18.30 - 22.00  |                 | Kamp 2 Hje      | Kamp 2 Ude |            |             |             | Kamp 1 Hje  |             | Kamp 1 Ude |        |
|                |                 |                 |            |            |             |             |             |             |            |        |

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| 77             |             |             |            |            |              |              |              |             |      |                 |      |
|----------------|-------------|-------------|------------|------------|--------------|--------------|--------------|-------------|------|-----------------|------|
| Tid            | Ny kunst A  | Ny kunst B  | Ny kunst C | Ny kunst D | Gl. kunst A  | Gl. kunst B  | Gl. kunst C  | Gl. kunst D |      |                 |      |
| 16.00-17.45    | U14-1       | U14-1       | U14-1      | U14-1      | U13-1        | U13-1        | U15 Ligaen   | U15 Ligaen  |      |                 |      |
| 17.45-19.15    | U17-2       | U16-2       | U13-2      | U13-2      | U15P-1       | U15P-2       | U18P-1       | U18P-2      |      |                 |      |
| 19.15-20.45    | Herresenior | Herresenior | U19-2      | U19-2      | Kv. senior 1 | Kv. senior 1 | Kv. senior 1 | Kvinde S-2  |      |                 |      |
|                |             |             |            |            |              |              |              |             |      |                 |      |
|                |             |             |            |            |              |              |              |             |      |                 |      |
| Tid/Omklædning | 1           | 2           | 3          | 4          | 5            | 6            | 7A           | 7B          | 9    | 10              | 12   |
| 15.30 - 18.30  | U14-1       | U15-1       | U13-1      | U18P       |              | U16-2        | U17-2        |             | KV 1 | U15P + evt U18P | FYS  |
| 18.30 - 22.00  |             | U19-2       |            | U18P       | U13-2        |              | Herresenior  | Herresenior | KV 1 | U15P + evt U18P | KV-2 |
|                |             |             |            |            |              |              |              |             |      |                 |      |

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|                       |                   |                   |                    |                    |            |           |          |          |            |           |
|-----------------------|-------------------|-------------------|--------------------|--------------------|------------|-----------|----------|----------|------------|-----------|
| <b>Fredag</b>         |                   |                   |                    |                    |            |           |          |          |            |           |
| <b>Tid</b>            | <b>Ny kunst A</b> | <b>Ny kunst B</b> | <b>Gl. kunst A</b> | <b>Gl. kunst B</b> |            |           |          |          |            |           |
| <b>16.00-17.30</b>    | U17/U19 Ligaen    | U17/U19 Ligaen    | U13-U16 Talenthold | U13-U16 Talenthold |            |           |          |          |            |           |
| <b>17.30-18.45</b>    | Topcenter         | Topcenter         | Topcenter          | Topcenter          |            |           |          |          |            |           |
| <b>18.45-20.45</b>    | Kamp 1            | Kamp 1            | Kamp 2             | Kamp 2             |            |           |          |          |            |           |
|                       |                   |                   |                    |                    |            |           |          |          |            |           |
|                       |                   |                   |                    |                    |            |           |          |          |            |           |
| <b>Tid/Omklædning</b> | <b>1</b>          | <b>2</b>          | <b>3</b>           | <b>4</b>           | <b>5</b>   | <b>6</b>  | <b>7</b> | <b>9</b> | <b>10</b>  | <b>12</b> |
| <b>15.30 - 18.30</b>  | U14-1             | U15-1             | U16-1              | U17-1              | Kamp 1 Ude | Topcenter | U19-1    |          | Kamp 2 Ude | FYS       |
| <b>18.30 - 22.00</b>  | Kamp 1 Hjemme     | Kamp 2 Hjemme     |                    |                    |            |           |          |          | Kamp 2 Ude | FYS       |
|                       |                   |                   |                    |                    |            |           |          |          |            |           |

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| Søndag        | Gl. kunst |        | Undtaget/optaget |
|---------------|-----------|--------|------------------|
| 10.00 - 12.00 | Oldboys   | Omkl 1 | 22/11            |

## Træningsplan Vinter 19/20

| <b>Haltider</b>                         |
|---|
|   |
| <b>Nørremarkshallen - Fredag</b>        |
| 16.00 - 17.00 U8 Piger                  |
| 17.00 - 18.00 U9 Piger                  |
| 18.00 - 19.00 U10-11 Piger              |
| 19.00 - 20.00 U12 Piger                 |
|   |
| <b>Hældagerhallen 2/3 dele - Fredag</b> |
| 16.00 - 17.00 U5 - U7 Piger             |
| 17.00 - 18.00 U13-3                     |
| 18.00 - 19.00 U13-2                     |